

Have you ever fallen into a fad diet trap? See B6 for story

Operational expenditures have left city with a mere \$30,000 for capital improvements. See A3 for full article

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# NWMISSOURIAN

CONVERGING CAMPUS & COMMUNITY

THURSDAY  
March 1, 2007  
V81 / N22  
www.nwmissourinews.com

## WEEKENDWEATHER



HI 36  
LO 20



HI 29  
LO 14



HI 38  
LO 24



### DIVERSITY BILL

The Emily Brooker Intellectual Diversity Act (House Bill 213) passed out of committee at its hearing on Tuesday, Feb. 27.

The act requires public institutions to report annually to the General Assembly showing steps taken to promote intellectual diversity and academic freedom.

As of press time, no calendar date was set for the bill to be heard on the floor.

Pick up the Missourian next week to see a full story on the bill's update.

### TODAY

"Glass Menagerie", 7:30 p.m., Mary Linn Performing Arts.

Thursdays at the Union, 10 p.m.

### FRIDAY

Last date to get 75 percent refund for dropped second-block courses.

Last date to drop trimester course.

Third scheduled Aladine installment credited.

"Glass Menagerie", 7:30 p.m., Mary Linn Performing Arts.

### SATURDAY

KKY Junior High Band Festival.

"Glass Menagerie", 7:30 p.m., Mary Linn Performing Arts.

### MONDAY

Intramural court soccer, 6:30 p.m., Student Rec Center.

### TUESDAY

District 1 Future Business Leaders of America leadership conference.

Visit the web for: A slide show and video coverage on Northwest's 9th Annual Drag Show, and results of the men's and women's basketball games.

## -CAMPUS DINING

# ARAMARK goes trans fat free

By Jessica Schmidt  
Managing Editor

Northwest faculty, staff and students can now feel a little better about eating campus dining's fried foods.

ARAMARK, Northwest's food service provider, recently eliminated fryer oil containing trans fats. ARAMARK made the switch after a survey in 2006 found its consumers were increasingly concerned about trans fat consumption.

Scientific evidence shows consumption of trans fat raises "bad cholesterol" levels that increase risks of coronary heart disease, according to the U.S. Food and Drug Administration. Currently more than 12.5

million Americans have coronary heart disease, and over 500,000 die each year.

The 2006 ARAMARK study revealed that 27 percent of Americans felt strongly about limiting trans fats in meals purchased away from home.

ARAMARK will now use a different cooking oil, Mazola ZT, made from corn and sunflower oils and processed without hydrogenation.

Hydrogenation produces trans fat when manufacturers add hydrogen to vegetable oil, according to the FDA.

"Overall it's healthier for you," said Barry Beacom, director of campus dining. "It is still fried food

see TRANS FAT on A6



photo by collin young | missourian photographer  
ANN GASKILL of JW's works with the new type of oil being used to cut out trans fat in campus foods. "It costs about \$2 more per container so the price is really insignificant," said Kelly Zimmerman, the assistant director of dining services.

While not everyone understands the process of transforming into the opposite gender a few nights a year with the help of sexy outfits, duct tape and elaborate makeup, Northwest's annual Drag Show proves there's...

## More than meets the eye



PATRICK HULL, also known as Bianca Bliss (stage name), performs for a room full of viewers during the 8th Annual Drag Show held in the J.W. Jones Student Union Ballroom on Friday night. The show, which served as a fundraiser for St. Jude Children's Research Hospital, raised about \$900.

The 8th Annual Drag Show raised more than \$900 to benefit St. Jude Children's Research Hospital

By Stephanie Stangl  
Editor in Chief

These outfits left nothing, yet everything, to the imagination.

Although most of the seven performers were scantly clad in revealing tops and sexy skirts, they also concealed nearly everything with the help of razors, make-up, duct tape and satin wrap.

"Sometimes you have a lot to hide, and I'm not talking about dirty little secrets," said host Bianca Bliss, former Northwest student Patrick Hull, joking about how much duct tape he had to use.

Common Ground, Northwest's gay, lesbian and bisexual student organization, hosted its 8th Annual Drag Show 6:30 p.m., Friday, raising \$900 for St. Jude Children's Research Hospital. The hospital helps all children regardless of their ability to pay.

Participants choreographed, performed and lip-synched songs such as "Nasty, Naughty Boy," by

see DRAG on A6



KILEY KELLEY, also known as Katinka Kelley (stage name), gets wrapped in duct tape with the help of common ground member Carlye Grawcock to provide cleavage for his costume for Friday night's 8th Annual Drag Show. This was his third drag show at Northwest.

## Author to discuss life as male

By Whitney Keyes  
Chief Reporter

Ned was just a typical guy. He worked, dated women and had a constant 5 o'clock shadow.

But Ned was actually Norah Vincent, a freelance journalist, who had disguised herself as a man.

Vincent will visit Northwest on March 12, to discuss her book, "Self-Made Man." As part of the Distinguished Speakers Series, Vincent will conduct a question and answer session at 3:30 p.m., on Monday, March 12, in the living room area of the student Union, and will speak at 8 p.m. in the Mary Linn Performing Arts Center.

"Self-Made Man," which has been deemed unethical by some, is perhaps one of the most controversial subjects Northwest has had for a speaker. Samantha Coronado, a psychology major, said one of her classes had discussed the ethics involved with Vincent's experiment.



'Self Made Man'  
Norah Vincent

see MAN on A6

## MAP testing to change

By Andrea James  
Chief Reporter

A new assessment test is in the works for Missouri schools that will make students more accountable for their scores.

The Missouri Department of Elementary and Secondary Education announced they are changing the Missouri Assessment Program tests to "end of course" exams, said Jim Morris, Missouri Department of Elementary and Secondary Education director of public information.

"An advisory committee and DESE are working to strengthen and increase minimum graduation requirements and change high school tests," Morris said.

The MAP tests are student achievement tests designed especially for Missouri students, said Vickie Miller, Maryville R-II superintendent. The tests are a way for schools to determine their accreditation.

"The MAP tests are criticized because students don't take them seriously," Miller said.

DESE is exploring different alternatives to encourage more effort, she said. One alternative was the end of course exams for some high school subjects.

Algebra I, English II and Biology, will be the first subjects to use the end of course exams, Morris said. DESE is working toward administering the first tests in 2009.

see MAP on A6

CAMPUSBRIEFS

Annual Legislative Reception  
open to all students

Student Senate's Annual Legislative Reception is Thursday, March 8 in Jefferson City. Students interested can attend a information meeting at 7:30 p.m. on Thursday in Volk 128 or the regular Student Senate meeting at 7 p.m. on Tuesday in the J.W. Jones Student Union Boardroom. Anyone interested can also contact the Student Senate Office at 562-1218.

ISO Dinner to be held Saturday

The International Students Organization annual dinner is at 3 p.m. Saturday in the J.W. Jones Student Union Ballroom. Tickets are \$8 for children, \$11 for adults, \$10 for students and seniors. Tickets can be picked at the IHC in the J.W. Jones Student Union.

St. Joseph Symphony to perform in Mary Linn

The St. Joseph Symphony will perform at 7:30 p.m. Wednesday in the Mary Linn Performing Arts Center. Guest cellist Ho Ahn will also perform. Students attend free. Tickets are \$5 for the general public and can be picked up at the Student Services Desk in the Administration Building.

Choirs come together for Mary Linn concert next week

Northwest's Tower Choir, Iowa's Western Community College Concert Choir and the Kansas City Fine Arts Chorus will perform together at 8 p.m. Tuesday in the Mary Linn Performing Arts Center. The concert is free and open to the public.

Sculptor's work goes on display as part of Visiting Artist Series

Part of Northwest's Visiting Artist Series, the work of sculptor Aristotle Georgiades from the University of Wisconsin-Madison, is on display until Friday, March 30 in the Olive DeLuce Fine Arts Building in the first-floor gallery.

Undergraduate student to present research paper

Andrew Swatek, a pre-professional zoology major from St. Louis, will present a research paper during the 21st Annual National Conferences on Undergraduate Research in April at the Dominican University of California.

Swatek's work, supervised by biology assistant professor Peter Kondashov, analyzes the bone surfaces of 16 vertebrates. For his research, Swatek used the biology department's scanning electron microscope, which it received as a gift from Hallmark Cards last year.

After graduating from Northwest this year, Swatek hopes to attend veterinary school.

# CAMPUS

## SAC chooses performers carefully

By Kristin Summers  
University Editor

He never imagined the strong turnout the night he spoke in the Charles Johnson Theatre in 2006.

Surprised by the large attendance, Gideon Yago, an MTV personality and journalist, spoke at Northwest as one of several speakers on campus.

SAC brings lecturers, musicians, comedians and other artist on campus for students and the community, said Wesley Miller, lecture chair of SAC.

The council is broken up into several different committees including entertainment, lecturer and concert.

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## Shepard speaks of injustice, encourages acceptance of all

By Andrea James  
Chief Reporter

A hush fell over the audience as she walked onto the stage. Some were there for class credit, while others were eager to hear her message of love, truth and political justice for those who are different.

Tim Fischer spoke Tuesday, Feb. 27, at Charles Johnson Theater on society's injustice towards the gay, lesbian, bisexual and transgender population.

During her presentation, she spoke of Wyoming, the inequities in our culture regarding homosexuals, her son Matthew Shepard's life and murder and her victim impact statement to a Wyoming court. A victim impact statement is a statement that tells the court what was lost because of the crime.

The audience was informed Judy believes our society has become SIC—silent, indifferent and complacent. She asked the crowd to question the justification of sitting back while others have to endure the loss of jobs or not be able to marry the person they love because they are different.

When Judy first started, she saw fear in other's eyes and her presentations were

and for different reasons to hear Judy speak. University of Nebraska-Lincoln student Sam Fischer drove two and a half hours with his parents to listen to Judy's speech. They wanted to hear her perspective on the issue and about educating others.

"My goal is to be out of a job and have everything equal across the board," Judy said. She uses her speeches as a grieving process for Matthew.

"Matt is always with me and this is how I keep him active. I'm going to miss all the kids when I'm not needed; which will be a good thing," Shepard said.

Brandi Malloy and Carmelita Maxwell came from St. Joseph and they also wanted to hear Shepard's message.

Malloy and Maxwell have been partners for the past three years. Malloy is interested in how Judy feels about fear. The women adopted a daughter and each have children of their own; both women are concerned about the wellbeing of their children.

After Matthew's death, Judy tried to "make something positive out of something completely devoid of humanity..." She started touring the nation to speak with others about hate crimes and discrimination.

After Judy first started, she saw fear in other's eyes and her presentations were

more personal. Now she sees activism and hope and leans more towards the political aspect. Her ultimate goal is to get rid of discrimination altogether.

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"I liked it when Judy said that God didn't make mistakes and wants all his children to be loved. God didn't make different to be hated," Malloy said.

For more information on Judy and Matthew Shepard and the Matthew Shepard Foundation, go to MatthewShepard.org.



JUDY SHEPARD, mother of Matthew Shepard, who was killed because of his sexual preference, spoke about political injustice for gay, lesbian, and bisexual individuals. After her speech, she spoke one on one with individuals who needed advice for their own personal lives.

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For more information on Judy and Matthew Shepard and the Matthew Shepard Foundation, go to MatthewShepard.org.

## Forensics team named state champions at William Jewell

By Shane Sherwood  
Missouri Reporter

March 1, 2007. This was the first win for Northwest since 1998.

On Feb. 17 and 18, a group of 12 participants from the forensics team traveled to William Jewell College for the state championship. The results were a big win for the team, becoming state champions for the first time in eight years.

"I was really happy with the way our team was able to come together and win state," Alison Nickolaus said, forensics team member.

Directed by Johnson, the forensics team consists of 14 members and is open to any student at the University.

Northwest won in the team division, with three individuals winning in their own divisions. Steve Perkins achieved in dramatic interpretation.

Johnson described this year's

division. Nickolaus was successful for her informative speech performance. Mathew Sidesinger scored for his speech in the after dinner peaking division.

"I was really surprised I won informative," Nickolaus said. "I really didn't think the round went all that well, but apparently I did something right."

Students prepared for their speeches by individual rehearsals and practice. They also met with Johnson, Merci Decker, the assistant director or Brent Pankau, the graduate assistant. Also, the week before competition, practices were held almost every night until late.

Along with the University, 12 other Missouri colleges and universities participated in the event. The University took the highest honor, the state champions, which was the first win in this category since 1998.

Johnson described this year's

forensics team as successful. He also believes that forensics is an important asset for a student.

"People who compete often have stronger critical thinking skills that can attribute to any field or job," Johnson said. "It also helps students improve their communication skills through public performance in a competitive setting."

Decker said the team is doing very well and that the team has put in a lot of effort for the team this year.

On March 3 and 4, the forensics team will compete at the University of Oklahoma in Norman. If they win there, they will compete in the national forensics competition at Minnesota State University in Mankato.

If anyone would like more information about becoming a forensics team member, contact Johnson at 562-1506.

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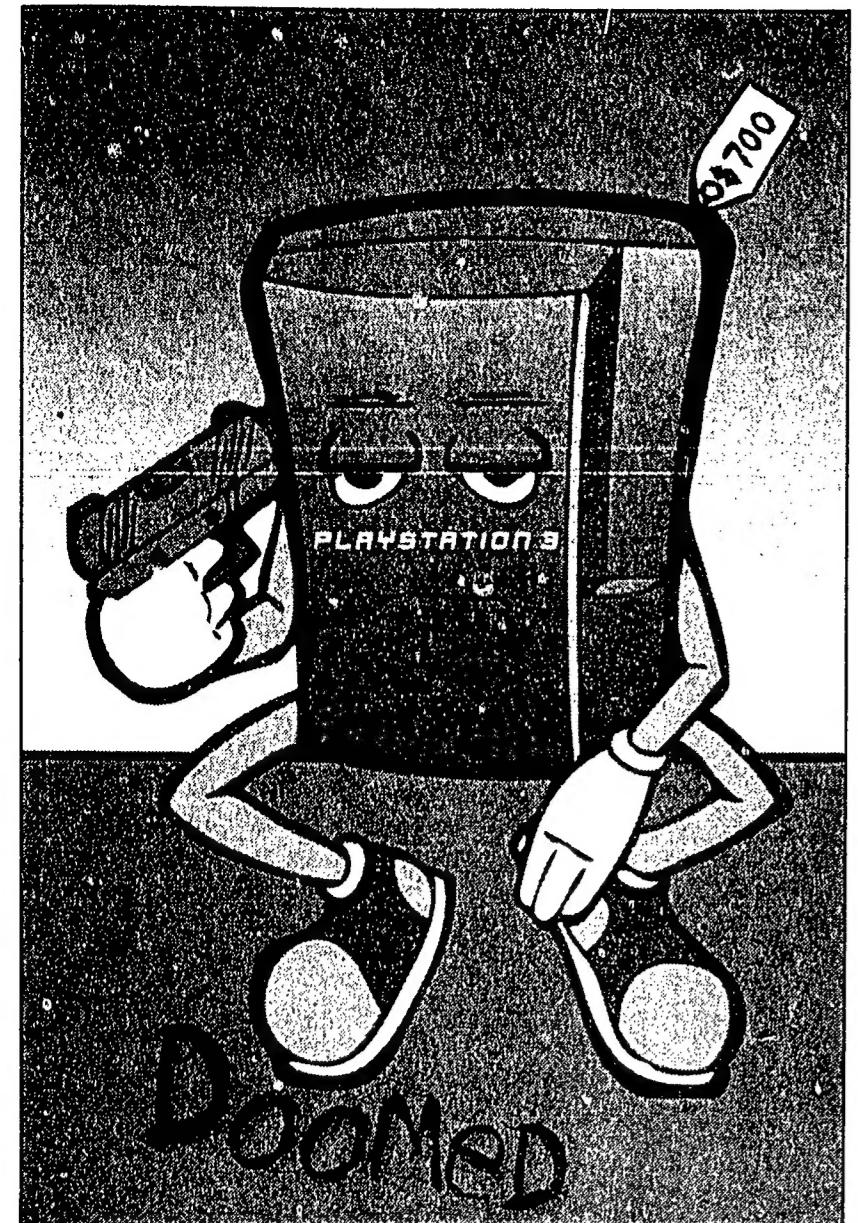
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# OPINION

—MYVIEW

## Reporter aims to cast educated vote



Whitney Keyes  
Chief Reporter

It's almost March, and I have a new New Year's resolution. I know, I know, it's a little late. But I'm justifying that, because I'm a little ahead of schedule with this goal.

I want to understand, follow and make an educated vote come the next Presidential election.

Let me back track slightly. I am part of that group that gives teenagers a bad reputation regarding politics. I have an idea what's going on. I was that girl, in high school Civics, who didn't pay attention. No, I was too busy discussing where to venture for lunch with my friends—Taco Bell hands down.

Nice job, Whitney. Am I really so shallow that I would postpone knowledge of my country until I get my Nachos Bell Grande?

Don't get me wrong. I see the headlines when I log onto the Internet to check my Facebook. I know Britney shaved her head, and that Lorelei on Gilmore Girls isn't married anymore. But in the grand scheme of things, who cares? I don't want to be so shallow that I only fill myself in on celebrities and TV shows.

I am ashamed, and embarrassed to say, that I am totally cluedless.

Like I said though, I do have an opinion. And I've been an advocate for voting since I was old enough to understand the concept

of democracy. I think voting is great. I just apparently can't be bothered with knowing anything important.

"Daddy, how do we feel about President Bush?" was my old way of filling myself in. I've asked this enough now, that my dad knows I want the Readers Digest version of politics. He's my ultimate source for all things government. I registered as a Democrat...why?

Because that's what Daddy is. But that isn't going to cut it anymore.

At least not for me.

So now that presidential bids and campaigns are starting, I'm setting my bar high, and not settling for not knowing what's going on.

I'm not going to vote against Hillary, just because my dad says she'll ruin the country. And I'm not going to vote according to party lines only to be true to my

voter registration card. Nope, not this time. Watch out guys, I intend to be informed.

And I encourage those of you dad-asking, Taco Bell-eating, clueless people to join me. Let's make a change for the better, by putting forth a little effort. It won't hurt us that much will it? This is our country, and I'm not foreseeing a giant exodus of our generation to Canada, so let's take that extra step to take care of it. It's the least we can do, for maybe the most important thing.

I'm not saying all teenagers are un-informed and clueless like I am. In fact, I'd hope to be the only one. I doubt I am though. Those of you who do show some effort and care, help us lowly naive people out. And let's all get a head start on next year's election, so that we can make a difference.

But first, let's go get some tacos.

—MYVIEW

## Tornadoes bring good with the bad



Jessica Schmid  
Managing Editor

You know you're in Missouri when... there is a tornado watch in February.

On Saturday I did a little double take as I caught a glimpse of the TV screen.

Maybe I'm a little sadistic but despite all the damage, destruction and heartache they cause, I can't help but feel a little excited. Tornado season is my favorite

times of the year in the Midwest.

Something about a freakishly green sky, rapidly dropping temperatures and roiling clouds gets my heart racing. I've seen about three tornadoes in person.

There are probably a few reasons I'm infatuated with tornadoes. But I honestly believe they bring some comic relief with all the destruction.

For one, tornadoes bring out the crazy in people.

Example, for five years I worked at the Dairy Queen in my hometown and each summer some idiot would come through the drive-thru while the sirens were going off.

"Hey are you guys serving?"

—COMMENTS FROM NWMISSOURINews.COM

In response to "O'Grady leads way in victory"

Maryville citizen  
Posted 2/15/07

I saw the game against Fort Hays on Feb. 24 and Katie O'Grady was on fire along with some of her other team members. I know that that team will miss her when she leaves this year. I also went to the Bearcats basketball camp and she was there so I got to meet her. It was pretty cool.

GO CATS!!!

In response to "Editor displeased with snow removal"

often taken for granted!

LaRee  
Posted 2/21/07

I challenge you to spend one day as a Maryville Street Crew worker. While you are safe and warm at your house, thinking about whether or not you will have school the next day, or fast asleep, street department crews are out all night long, attempting to clean the roads as the snow continues to fall. I thank the street crews for making it possible to drive in this town following a storm, at the hard work they do, the lack of sleep they get. They are

slick or maybe he just has way more knowledge on how to drive in Missouri. He did not get home that day until after 5 p.m., so he was working from 4:40 a.m. to 4:30 p.m., 12 hours, and then you complain. It's time to grow up and put on the big girl panties now.

Post comments on any article or column online at [Nwmissourinews.com](http://Nwmissourinews.com)

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John "Seth" Shaffer

**DRAG:** Common Ground hosts show to raise money, awareness



**MAN:** Freelance journalist to discuss controversial experiment

continued from A1

"I think it's not exactly fair, but it's a good experiment to be done," Coronado said. "It makes people think." Coronado is planning to attend Vincent's lecture.

Vincent has also written for *The New York Times*, *The Village Voice* and *The New Republic*. Immediately prior to her year in disguise, she was a nationally syndicated opinion columnist for the *Los Angeles Times*.

According to the first chapter of her book, she was inspired to disguise herself, and wrote the novel based on a prior experience in drag.

A friend, who had been dressing up as a man for years, dared Vincent to join her. She showed the author how to make facial hair by cutting off small, unnoticeable parts of her own hair.

It was this first time in drag in New York City, where Vincent discovered one major difference when she walked down the street as a man. As a woman, she was frequently stared down by men on stoops and in doorways, when walking on the sidewalk. However, as a man, the same people would make eye contact, and then look away. This change in respect was partially what motivated Vincent.

Even though this idea intrigued Vincent, she wasn't brave enough to act upon it. But after watching a reality show where contestants paraded as the opposite sex and failed, she decided to go for it. So in 2003, she gave herself some facial hair, a crew cut and glasses, and became Ned.

Brittanie Martin, a psychology major who also plans on attending the event, said she is excited to hear Vincent's story. Though it may be controversial, she said it was good to inform people on what Vincent has learned.

"College isn't just about education; it's about experience," Martin said.

More information can be found on Vincent's Web site, Norahvincent.net, or by contacting the Campus Activities Office at 562-1226.

**MAP:** Missouri public schools to require new test as exit exam

continued from A1

what it will be like two years from now," Jelavich said.

The primary benefit of the tests includes clarity in content and expectations for tests and greater clarity for teachers to prepare their students, he said.

Maryville educators knew a change was coming, said Janet Jelavich, Maryville High School English department chair. However, they thought that the ACT was going to replace MAP tests.

"Most people were surprised on Feb. 20 when the state announced that they were having end-of-course exams. It will be interesting to see

"It gives us a sense of unity. It shows we are all the same and accepted. We just want to have a good time."

Some Northwest students, like Northwest junior Tim Rosson, attended the drag show to support the gay, lesbian and bisexual community at Northwest and to see friends perform.

"It's a big thing a lot of people have never been to and it can be a culture shock," Rosson said. "It's a way to clear up a lot of the bad stereotypes that are out there about this type of thing."

Common Ground also provided information on safer sex and oral HIV tests, as well as door prizes from Beach Tanning and Wal-Mart's Smart Style Salon.

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Some of the incentives of the end-of-course exams will include the test counting as 10 percent of a student's grade; however, they don't know yet if it will count towards 10 percent of the semester grade or 10 percent of the total grade, she said.

In addition to teaching at Maryville High School, Jelavich used to be a MAP test grader. She was trained for four days and graded essays for three more. Jelavich has tried to learn the content so she can teach it to her students.

"There are more questions than positives. Why would we require a test that we haven't seen? Now we have to align every school's curriculum and put the tests in effect within the next two years," Jelavich said.

It was difficult for students to get a top score on the essay portion. They couldn't even show us

an example of a five-point essay," Jelavich said.

MAP tests went from a five-point scale to a four-point scale in English, she said. The teachers were just at the point of being happy with the results and now DESE is changing it again. The change is negative in some ways; however, it will be positive to have end-of-term tests with incentives, Jelavich said.

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continued from A1

since the second week of February.

So far Beacon said campus dining has heard from a variety of sources including faculty, staff and students that they are happy about the switch.

"I think it's great that we did it," Beacon said. "I think it's good that ARAMARK tries to be conscientious of what their customers want and in this case I think they did the right thing."

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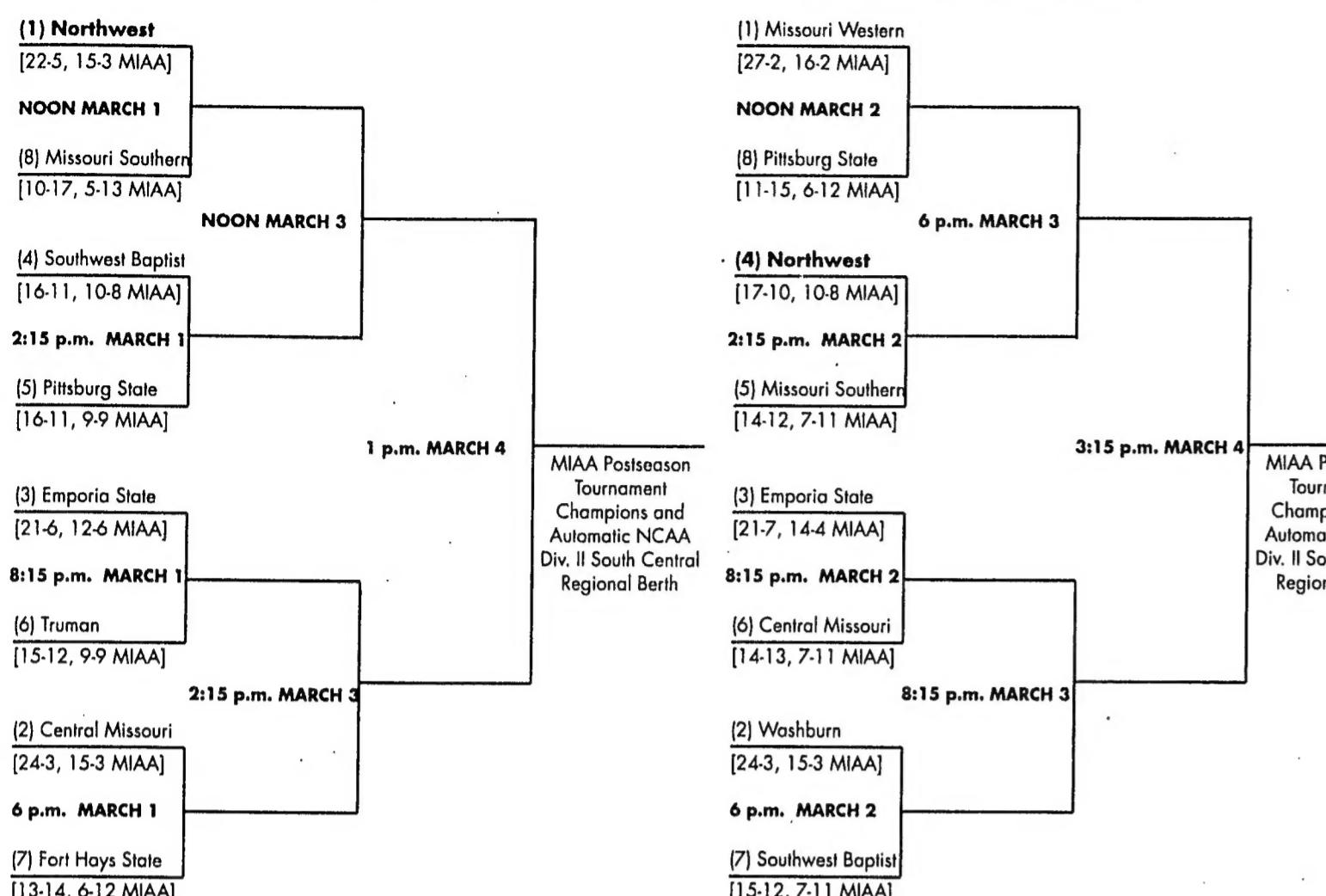
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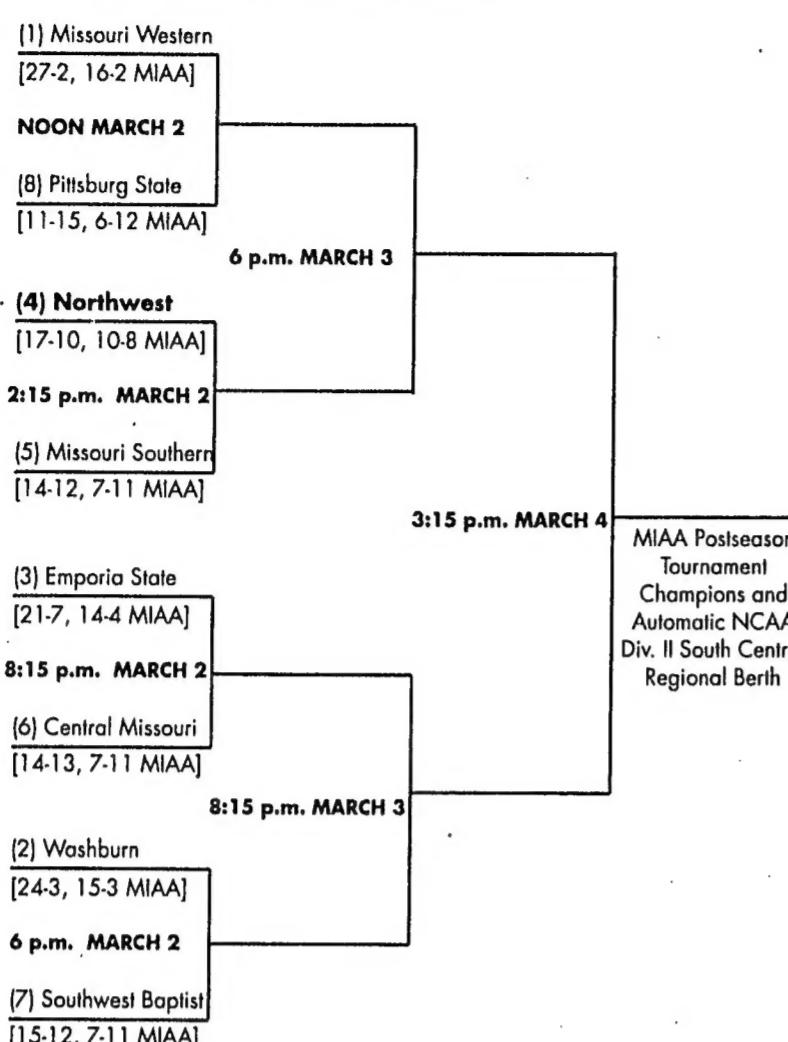
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## - MIAA MEN'S BRACKET



## - MIAA WOMEN'S BRACKET



## - MIAA HONORS

## MIAA postseason honors

By Cali Arnold  
Community Sports EditorBy Brett Barger  
University Sports Editor

Three Bearcats earned honors when the MIAA announced its postseason awards this week.

Junior Mandi Schumacher and sophomore Meghan Brue received honorable mention, and junior Lauren Williams made the All-Defensive team.

"The Mandi-Meghan thing, I was really happy to see that," head coach Gene Steinmeyer said. "Our team's so balanced that it's kind of a crapshoot trying to figure out who the opposing coaches will vote for on our team."

Steinmeyer said the conference's top nine vote getters could be All-Americans in different leagues. That heighens the value of the honorable mention.

Brue led the 'Cats in the regular season in field goal percentage (44.1 percent), and played in all 27 games. She holds the season free throws made record with 120 and tied the most free throws made in a single game record on Dec. 30 against Missouri Western, when she made 13.

Schumacher led the team this season in both scoring and rebounding. She posted a double double five times and is ranked 11th in the MIAA in scoring and eighth in rebounding.

Steinmeyer said he had no idea Williams would make the All-Defensive team, but he was pleased with the outcome.

"Couches, we're sitting there thinking of ways to beat other team's defense, and sometimes we don't notice the little things about defensive players," Steinmeyer said. "I was really hoping coaches would notice her because she's very deserving of being in the top five defensively."

Williams started all 27 games for Northwest this season and is second on the team in steals and fifth in the conference.

By Brett Barger  
University Sports Editor

It was nearly a Northwest sweep Monday afternoon when the MIAA announced its end of season awards.

Sophomore forward Hunter Henry's journey from sixth man to starter came full circle when he was selected as the league's MVP. Henry averaged 17.7 points per game, 7.8 rebounds and shot 58 percent from the field. Henry is the first Northwest player since Kelvin Parker in 2004 to win the award and the fourth in school history.

Henry said he found out about the honor, just as he was leaving for practice on Monday.

"My mom called and left me a message about noon. I didn't pick it up, but it ended up my girlfriend told me," Henry said. "I was getting ready to go to practice and she was on the computer and screaming from the other room and told me, so that's how I found out."

Northwest coach Steve Tappmeyer said Henry's consistency made him a well-deserving choice for MVP.

"I can't remember a night in the MIAA when he had a bad night. He was always the No. 1 guy on every team's scouting report," Tappmeyer said.

Tappmeyer, tabbed Coach of the Year for the third time in his 19 seasons at Northwest, wished they could change the name of the team.

"These awards are well deserved and I am pleased for all three of the players," Tappmeyer said. "These girls recognize that the awards were based on the team and could not have come without the players and success around them."

"I think it's the most mis-named award in the world. It probably should be the 'coaching staff of the year'."

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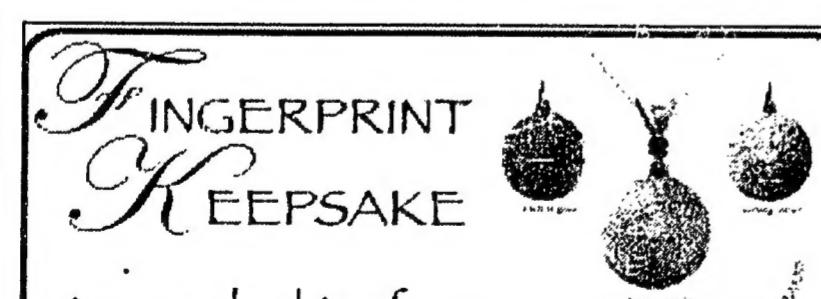
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## - NW MEN'S BASKETBALL

## Men clinch share of MIAA championship

By Brett Barger  
University Sports Editor

Henry said, "It's something I've never done before. I've never been a part of a championship team like this."

As the minutes ticked away, seniors Reggie Robinson and Victor James were taken out and met with hugs from Tappmeyer. Both players were honored in a pre-game ceremony.

"It would've been hard to say this is a team that's got a legit shot at winning the title (conference championship)," Tappmeyer said.

After Northwest defeated Northeast State by 28 points and Southwest Baptist by one, early in the season, Tappmeyer said he could see the potential of his team.

His expectations were exceeded Saturday night when No. 15 Northwest won its 11th MIAA regular season conference championship in a 66-40 win over Fort Hays State at Bearcat Arena. It's Northwest's first conference championship since the 2001-2002 season when they shared it with Missouri Western. This season, Northwest (22-5, 15-3 MIAA) will share the championship with Central Missouri, who also finished 15-3 after defeating Washburn, 78-62.

"The 18-game conference schedule is a tough marathon. When you're at the end of it, it's a time where you take a deep breath and realize you've accomplished something," Tappmeyer said after winning his fourth Northwest coach.

Rounding out the honorees is Lance Sullivan, who was named the Freshman of the Year. Sullivan averaged 11.3 points per game in his first year at Northwest. Henry finished with 16 points and a career-high 16 rebounds.

While the team celebrates a conference championship, James said the team "still has work to do."

"We still have aspirations," James said.

Northwest enters the MIAA tournament as the No. 1 seed and will play Missouri Southern at noon on Thursday from Municipal Auditorium in Kansas City. A tournament championship could give Northwest a No. 1 seed in the South Central Regional tournament, which begins March 10.

"I don't think our job is over. I don't think my basketball here at Northwest is done and I don't plan on it being done anytime soon," Robinson said.

"This is what we played for all year and this time we have it and cutting those nets down feels awesome,"

Sullivan is just the second player in school history to earn the award. Matt Redd, in 1996, was the other Bearcat.

"I think it's more of a team award. Every day, they make me better. Defensive wise, it's like playing the No. 1 team in the conference every day. It's big the way we come out and make everybody better," Sullivan said.

The Jones of Central Missouri earned the remaining award as the defensive player of the year. Sullivan averaged 11.3 points per game in his first year at Northwest. Henry finished with 16 points and a career-high 16 rebounds.

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# Tired of eating 'Cold Pizza'



Scott Levine  
Asst. Sports Editor

## -NW TENNIS

# Tennis heads to Topeka

By Ashley Lovely  
Missourian Reporter

James is a mediocre player. Yes, the same LeBron James that has reached the All-Star game since he was 19 and is only 22.

James may not be the superstar able to take over a game in the fourth quarter, but he's only a pup. But Bayless refuses to acknowledge this fact.

And what if James lives up to his King James persona? What will Skip say then? He'll probably still cling to his original thought.

Even if James becomes the greatest thing since sliced bread, Bayless will probably point out he has outstanding teammates.

This man obviously has no friends and doesn't seem to mind.

He consistently believes that athletes should have stipulations in their contracts forbidding them to go out.

Just because you don't have any friends, doesn't mean you have to ruin everyone else's lives.

Skip. Mr. Me-against-the-world is

most likely upset because he was

good enough to become his

high school team's waterboy.

Picture Skip as an impressionable teenager at his local high school. Most likely he's sitting at the lunch table by himself plotting revenge against every member of the football team.

This revenge plot has Skip convinced he knows what athletes are thinking. Just like when he accused Troy Aikman of being gay. (This, like many other Bayless comments, was a baseless lie).

But Aikman isn't Bayless's only target. Every day during the fall, Bayless has a familiar mission.

Terrill Owens.

Granted, Owens is pretty much a prima donna, but Skip only fuels the fire. He hates these people so much that he makes outrageous remarks about them and pretends to know what goes through their minds.

Then, during the winter, Bayless loves to claim the NBA's supremacy over college basketball. This couldn't be farther from the truth with the NBA's low ratings, but he also states that only major conference teams should be allowed in a 128-team tournament.

That's right, 128 teams from the major conferences. I'm not that good at math, but I don't believe the major conferences could even fill a tournament that big.

Bayless, a self-proclaimed NBA expert, thinks LeBron

from last year's seven who have had a lot of success," Lindsay said. "The younger girls are good players, they just lack experience. If we can show confidence and stay close knit, we will have success."

Rosewell said that although his women seem to have confidence in their lack of playing time and age, there is no substitute for experience.

"The goals we have set for our girls are so high, and with such a young team, it will be an interesting season. We will just have to go from here and do our best," Rosewell said.

As the 'Cats head into a new season, with success behind their rackets, and a new and improved attitude in front of them, both teams are ready to see what the future has in store.

Northwest heads to Topeka, Kan., this weekend to play in the RMAC/MIAA Invitational tournament against Metropolitan State, Colorado State-Pueblo, Mesa State and Winona State.

The men's team is returning four of their six starters, the women's team cannot say the same. After losing their No. 1 and No. 2 seeds, the women are learning to play with a young and inexperienced team, sophomore Emily Lindsay said.

"We have four girls returning

als. This year we just don't want that to happen again."

Another thing both teams worked on was their mental stability and toughness. Just like any other sport, mental toughness is important, but sophomore Lina Gomez said tennis is a little different.

"Tennis is a game that leaves everything to the individual," Gomez said. "I think we're the only team in the conference that can say that."

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## MEN'S: Northwest marches toward tourney championship

continued from B1

Southern defeated Northwest, 59-57, Jan. 10. The 'Cats later rebounded from that 25-turnover night to beat the Lions a 75-60 loss at Bearcat Arena, Feb. 17.

Pittsburg State was a different story. Northwest beat Pitt State at five at home, but then were pounded on the road, 74-56. Northwest must take care of the ball and rebound. In Northwest's five losses this season, they averaged 15 turnovers and were outrebounded, 201-164, with Central and Pitt State doing much of the damage.

"Southern is going to be competing in an extremely hungry team. They have proven they can beat us," Tappmeyer said.

Should Northwest advance, they play the winner of the Southwest Baptist-Pittsburg State game, which will be played immediately following Northwest and Southern. The second round could potentially be a trap game for the 'Cats. Against Baptist, Northwest could mess up first round draft choices for years to come.

Bayless showed his true journalistic integrity by showing no favoritism toward his alma mater's quarterback. Of course, he claimed Cutler is better than Rookies of the Year Vince Young and Heisman trophy winners, Matt Leinart and Reggie Bush.

Now because of Bayless, I want to see Cutler join the likes of Aikman, Smith, Ryan Leaf and Rick Mier. Cutler would be just another run-of-the-mill quarterback who I never liked or disliked, but because of Bayless's persistent praise, I want him to fail.

Not because I don't like him, but because I want to see what Bayless says. Most likely he'll paw it off on other people, but seeing Skip squirm would be nice.

For now, Skip will continue to grace the 'Cold Pizza' studios and make a mockery of the show. Hopefully for me, however, is that I can train my thumb to resist my morning obsession with 'Cold Pizza.'

Steinmeyer said the last game for

## PAINFUL MEMORY



NORTHWEST PLAYERS Lauren Williams, Meghan Brue, and Jessica Burton (left to right) watch the clock as the final minutes tick away in the game against Missouri Western held at the Missouri Western Field House. The Bearcats lost to the Griffins 77-58.

## WOMEN'S: Hoping for tournament wins for regional bid

continued from B1

both teams will make no difference in the game about to be played.

"There's not going to be a single thing that happened a week ago that's relevant here," Steinmeyer said.

Junior forward Lauren Williams, a member of the MIAA All-Defensive team announced Tuesday, said her team realizes they are again facing a must-win situation against Southern.

"Every time we play we just absolutely have to win," Williams said. "We have to win this one...I feel really confident going into it."

She agreed with Steinmeyer, saying Southern's win against Western was impressive, but believes the 'Cats

match up well against the Lions.

Junior guard Kelli Nelson knows the game against Southern will be hard, but is also looking forward to the chance to play in the tournament.

"We're just going to take one game at a time," Nelson said. "We beat them (Southern) twice but the third time's always the hardest, but we're definitely capable but we really want it and we need it."

Williams said rebounding and good defense were the keys to both victories against Southern earlier this season, but hopes the offense from Saturday's game will carry over into this weekend.

Should Northwest defeat Southern on Friday, they will advance to play at 6 p.m., Saturday. The championship game will be at 3:15 p.m., Sunday.

## BOYS': Comeback stalled in second half

continued from B1

The 'Hounds were able to capitalize after scoring six first quarter points.

Plattsburg head coach Dave Kopp said losing those two seniors hurt his team.

"It really slows us down in transition," Kopp said about having Green and Atkinson in foul trouble. "Atkinson can score inside and outside, and Green gets our team under control. We missed them both."

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## The skinny on fad dieting



Popular diets can wreak havoc on your health; health officials say diet, exercise better choice for long-term weight loss success

By Lindsay Jacobs, Tara Adkins  
*Asst. Features Editor, Features Editor*

**H**er attempts at weight loss began a couple years ago.

She has tried three times, but all three times it failed. The next time she tries she vows to make it work.

Senior Jessica Hartley has lost as much as 30 pounds on the Atkins Diet, but blames her lack of will power and of food choices for not following through.

Many fad diets have been under the spotlight for the past few years, but almost all come with a catch and prove ineffective for long-term weight loss. According to Familydoctor.org, a fad diet is a diet that promises quick results, but they don't offer success and they aren't healthy to follow.

Jenell Ciak, assistant professor in the family consumer science department, recommends people change their lifestyle instead of trying fad diets because when a fad diet fails a person goes back to their old routine and gains the weight back.

The Atkins Diet, one of the most well-known fad diet, is based on four phases and it eliminates carbohydrates and increases protein intake, according to Atkins.com.

Atkins made her body change during the first few weeks, Hartley said.

"It's kind of like a diet boot camp, you are on a very strict, really low carb thing (diet) for two weeks, and it completely changes your body around," she said.

When she gets off the diet, and starts consuming carbs again, she described feeling like "crap."

Besides the physical discomfort, she described the emotional discomfort involved in leaving the diet as upsetting and regretful.

"I feel like I failed, like I don't have any will power," Hartley said. "I think it leads to a moment of depression."

There are several dangers to fad diets, but there are recommendations on how to safely take the weight off.

One of the dangers of fad dieting is "cycling through" diets, being on and off diets, according to Myfooddiary.com, an online weight loss resource. Not staying on diets causes low self-esteem, a negative body image, frustration, cravings, binges, weight gain and a decreased metabolism, according to the Web site.

The site recommends "slow and steady" is the best way to lose weight by making changes to your lifestyle.

Hartley decided to try Atkins after she watched a friend who was on it lose weight. It would be easier for her to follow since there is no calorie or point counting.

Mypyramid.gov is a site that allows people to put their information in so they can construct a personal Food Pyramid. It shows a person a food plan to follow, if the plan is followed there will be weight loss. It also tracks physical activity and food intake and offers an assessment.

On average it is recommended people consume 2,000 calories, but Ciak said people should consider the rate of the metabolism and their size. She people should consume roughly 10 times their body weight.

Hartley wouldn't recommend someone only wanting to lose a few pounds to get on the Atkins diet, and she does not plan to make Atkins part of her lifestyle.

Instead, after reaching a certain weight she plans to switch to the South Beach Diet or a similar diet. The South Beach Diet is similar to Atkins, but instead of eliminating carbs completely, the dieter learns how to incorporate good carbs and fats in their diet, according to Southbeach.com.

However, Hartley plans to give Atkins one last shot.

Diet pills are another quick fix weight loss solution. If taken they can cause restlessness, hypertension, insomnia, an irregular heartbeat and anxiety, according to Myfooddiary.com.

Although the FDA isn't obligated to approve diet pills, it is up to the manufacturer to make sure they are safe, according to FDA.gov.

Instead of trying a so-called fad diet some people find suc-

cess in watching their portions, and regularly exercising.

Last April, Maryville resident Janara Sims began monitoring her portions and working out. To date she has lost 43 pounds, 11 percent of body mass and 22 inches.

A while ago she tried Weight Watchers in Chillicothe, Mo., but instead decided to watch what she eats and portion sizes.

"We all get caught up in dieting and if you don't change your life, you're going to go right back to doing what you've always done," Sims said.

Her goal is to lose 50 pounds, but she still has some inches to lose and toning to do, Sims said.

Sims also works out two times a day, four times a week.

She had a personal trainer for the first few months.

"They tell you working out will give you more energy, and at first you're like 'yeah right,' but the longer you do it, you feel like you're doing more," Sims said.

Before she began her cholesterol was 250, and it is now at 196, and her blood pressure has also dropped.

"I turned 30, and I figured I was too young to be that unhealthy, and I want to be around for my two children," Sims said.

Sims is the leader in points in the Sound Hound Program, a Maryville School District-wide wellness program. Participants receive points for exercising, wearing a seat belt, eating healthy, drinking six to eight glasses of water a day and getting a yearly dentist check up and a regular blood pressure check. The program started Feb. 19 and goes through April 12.

Many people have been inspired by her healthier approach to weight loss, Sims said.

"People say I've motivated them to exercise and eat better, and that keeps me motivated," Sims said.